

The background of the entire page is a photograph of autumn leaves in various shades of green, yellow, orange, and red, set against a clear blue sky. The leaves are scattered across the frame, with some in sharp focus and others blurred.

FLOURLESS ZUCCHINI MUFFINS RECIPE

INGREDIENTS

- 1 1/2 cup rolled oats
 - 1 teaspoon baking powder
 - 1/2 teaspoon ground cinnamon
 - 1/4 teaspoon baking soda
 - 1/4 teaspoon salt
 - 1 medium zucchini - shredded
 - 2 large eggs
 - 1/3 cup brown sugar SUBSTITUTE
 - 3 Tablespoons olive oil
 - 1 teaspoon vanilla extract
 - 1/2 cup sugar free baking chocolate chips
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INSTRUCTIONS

1. Preheat oven to 350 degrees F, spray muffin tins (24 ct., mini) with cooking spray,
 2. Using a blender, pulse oats until finely ground.
 3. Add baking powder, cinnamon, baking soda, and salt. Pulse once or twice to blend.
 4. Add zucchini, eggs, brown sugar substitute, olive oil, and vanilla extract - puree until smooth.
 5. Stir in sugar free chips.
 6. Fill the muffin tin with batter.
 7. Bake for 15 to 17 minutes.
 8. Let cool for 5 minutes (do not remove from muffin tin), then take muffins out of tin to cool completely.
 9. Enjoy!
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